

Walnut Terrace Neighborhood Center

November 2018



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All programs are offered at no charge; however we request that you pre-register to reserve your spot.</p> <p>See reverse for program descriptions.</p>			1	2
<p>5</p> <p>11:30-12:15 Qi Gong for Joint Health</p>	<p>6</p> <p>12:00-12:45 Ageless Grace</p>	<p>7</p> <p>9:00-9:45 Chair Yoga</p>	8	9
<p>12</p> <p>Closed for Veterans Day Holiday</p>	<p>13</p> <p>12:00-12:45 Ageless Grace</p>	<p>14</p> <p>9:00-9:45 Chair Yoga</p>	15	16
<p>19</p> <p>11:30-12:15 Qi Gong for Joint Health</p>	<p>20</p> <p>12:00-12:45 Ageless Grace</p>	<p>21</p> <p>9:00-9:45 Chair Yoga</p>	<p>22</p> <p>Closed for Thanksgiving Holiday</p>	<p>23</p> <p>Closed for Thanksgiving Holiday</p>
<p>26</p> <p>11:30-12:15 Qi Gong for Joint Health</p>	<p>27</p> <p>12:00-12:45 Ageless Grace</p>	<p>28</p> <p>9:00-9:45 Chair Yoga</p>	29	30

Walnut Terrace Neighborhood Center

1256 McCauley Street, Suite 126

Raleigh NC 27601

919-996-6160

WalnutTerraceCenter@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Active Adults

Hours of Operation

9:00 AM-6:00 PM

Program Descriptions

Ageless Grace

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information.

Instructor: Missy Atkinson

Qi Gong for Joint Health

Qigong (chee-gong) for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motions, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class.

Instructor: Kathy Bundy

Yoga - Chair Yoga

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

Instructor: Kathryn Clarke